

## Toxicity & Cancer: The Link Grows Stronger

*StoneTree Naturopathic Clinic, Collingwood, ON*

On Thursday, the President's Cancer Panel in the United States released a landmark study that is an eye-opening look at the possible link between environmental toxins and cancer.

Not only does the report represent a significant rethinking of how we approach cancer, but it's about as mainstream as you can get in terms of bringing the link between chemical and cancer into public awareness.

### **Their recommendations include:**

- Choose food grown without pesticides, chemical fertilizers and growth hormones.
- Choose foods, toys and garden products with fewer endocrine disruptors or other toxins. (Particularly important for small children and pregnant women.)
- If you're exposed to chemicals in the workplace, wash your work clothes separately from your regular laundry, and take off your shoes before coming inside.
- Filter drinking your water.
- Store water in glass or stainless steel containers, or in plastics that don't contain BPA or phthalates.
- Microwave food in ceramic or glass containers.
- Check radon levels in your home. Radon is a natural source of radiation linked to cancer.

### **Measuring Your Toxic Burden**

How do you know if you're toxic? A number of excellent assessment tools are available to test your current levels of various environmental toxins, and there are safe approaches to eliminate them from your body. See your regulated health care professional.

### **Finding Safe Food and Products**

For information on safe consumer products for your home, contact the Environment Network or try <http://www.healthystuff.org/> for more information. And for healthy food that tastes great, you're in luck—your local farmer's market season is almost here!

*To learn more about cancer care, book a complimentary 15-minute visit with a naturopathic doctor in our Collingwood, ON clinic by calling 705-444-5331, or emailing us at [feelbetter@stonetreeclinic.com](mailto:feelbetter@stonetreeclinic.com)  
[www.StoneTreeClinic.com](http://www.StoneTreeClinic.com)*